



SWIMMING LESSONS

New Brighton Parks & Recreation offers American Red Cross Learn-to-Swim programs which allows adults and children ages 6 months and older, the opportunity to learn to swim in a safe environment. The program is designed to allow students to learn at their own pace and master the skills at each level before attempting the next challenge. Please see class descriptions for proper level placement.

Lesson Participants

- Make-ups or special arrangements for alternate dates or times are not provided for participants missing a lesson.
- Children over the age of 5 must attend the appropriate locker room for their gender – a unisex restroom is available in the lobby area.
- If the pool is closed unexpectedly, you will be notified as soon as possible and alternatives will be provided.
- Refunds will not be given on cancellations made outside our policy guidelines on page 47
- Please read class descriptions carefully to properly place your child in the appropriate level.
- Please remove street shoes before entering the pool area.
- Participants may enter the pool area and be seated on the bench until called by the instructor – please help children stay off the railing.
- Parents and visitors must remain in the observation area during class.
- Please use the restrooms before class.
- All swimmers should shower before class and after class.

LEVEL 1 - \$72

Ages 5-7 years

This class is for children who are comfortable in the water as they develop independence. Skills include underwater exploration, floating and gliding independently, beginner strokes on front and back using arm and kicking with minimal support, entries and use a life jacket. Prerequisites: Puddle Jumpers skills.

LEVEL 3 - \$72

This class emphasizes endurance and improving stroke proficiency. Skills include front crawl, back crawl and elementary backstroke, jumping and diving into deep water, treading water, submerge and retrieve an object and more. This level works towards swimming 25 yards. Prerequisite: Level 2 skills.

LEVEL 5 - \$72

This class focuses on the refinement of strokes and building more endurance as they work towards swimming 100 yards. New skills include diving, surface dives, flip turns, survival swimming and more. Prerequisite: Level 4 skills.

Consider the Water Safety Instructor Aide/Lifeguard Preparation Training apprentice course for youth leaders age 12 or older who have completed Level 5 or its equivalent.

Swim Lesson levels 3-6 not meeting a minimum of five participants will become a 30 minute semi-private at no extra charge and will not be cancelled.

LEVEL 2 - \$72

Swimmers will build independence in the water. Skills include floats, front and back glides, swim 15 feet on front and back, rhythmic breathing, submerge and retrieve an object, tread water using arm and leg motions, swim using a life jacket and more. Prerequisite: completed Level 1 skills.

LEVEL 4 - \$72

This class focuses on refining the front crawl, back crawl and elementary backstroke. Breast stroke, side stroke and butterfly are introduced along with a variety of other skills. This level also builds endurance to swim 50 yards. Prerequisite: Level 3 skills.

LEVEL 6 - Competitive Fitness \$72

Students develop fitness habits, polish strokes to swim with more ease, efficiency and power over greater distances for competitive strength. A great introduction into the Water Safety Instructor Aid program. Participant will work on fitness training, flip turns and more while building swim endurance and strength. Swimmers will be able to swim 500 yards continuously. Prerequisite: Level 5 skills.

Swim Badges

A badge system is used to provide additional opportunities to recognize and reward achievement outside of the levels. Badges are on end of session report card and can be shared to social media with the Red Cross Swim App.

Parent & Child - \$72

Ages 6 months-5 years

Enjoy working with your child to build swimming readiness by emphasizing fun and safety in the water. Snug fitting plastic pants or "HUGGIES little swimmers" are required. This program is for children with little or no water experience who may be reluctant to enter the water. Children will be introduced to basic water adjustment skills while adults learn important water safety techniques. Skills include water entry, bubble blowing, kicking, floating and more. Children must be accompanied in the water by an adult during each class more than one adult can participate.

Mini-Swimmers - \$72

Ages 2-4 years

This class is about introducing participants to the pool and swimming lessons in a fun, safe environment. Students are introduced to underwater exploration, bubble blowing, floating with support, kicking, proper entry and use of a life jacket. Children must be toilet trained. Adults do not accompany children in the water or deck side.

Puddle Jumpers - \$72

Ages 3-5 years

Children will grow basic swimming skills working to gain confidence and independence in the water. Skills include kicking, underwater exploration, bubble blowing, floating, arm and leg movements for beginner strokes, proper entries and use of life jacket. Children must be toilet trained. Adults do not accompany children in the water or deck side.

Adult Lessons

Whether you would like to begin a new fitness routine or actively play with your friends or children in the water, this class is designed for people who would like to learn proper swimming strokes, ease anxiety around the water and increase their swimming skills. Instructors work with participants' individual needs and participants work at their own pace.

Specialized Swim Instruction

Our specialized swim instruction is intended to provide a safe and inclusive learning environment for students with mild disabilities. While students follow the outlines from the swim levels, modifications are made to strokes and skills as necessary. Instruction geared toward fitness and conditioning is also available. Please call 651-638-2143 to discuss any special needs.



Find us on Facebook

Share your photos, accomplishments and swim badges with us! #NBPRSWIM

Semi Private - \$87

Family and friends now have a great way to take a swimming lesson at the same time whether they are a beginning to swim at 3 years old to level 6. Individualized attention will be given to students as they learn skills and refine strokes with confidence. Participants are divided according to ability at the first class. Students may progress at their own rate working toward the next level. Please inform the instructor of any skills that need specific attention and note the skill level of the participant at the time of registration. Ratio: 4 students to 1 instructor.

Private Lessons

Customized personal instruction for young students and adult swimmers wanting to learn or refine swimming skills and strokes at a beginner, fitness or competition level. Lessons are open to people of all ages and abilities, including participants with special needs. Based on the current session instructor/pool availability, we pre-arrange times to fit your schedule. For more information and registration call 651-638-2143.

Highview Pool

#17PPA11..... \$224
Eight 30-minute lessons = 240 minutes

#17PPA12..... \$180
Six 30-minute lessons = 180 minutes

#17PPA13..... \$99
Three 30-minute lessons = 90 minutes



SPRING SWIMMING LESSONS

Session 1 - 8 Weeks

Highview Middle School Pool

Tuesday, March 28-May 16

One Lap Lane	5:30 pm-8:30 pm	
Semi-Private	5:30 pm-6:00 pm	17PA111
Parent & Child	6:05 pm-6:35 pm	17PA112
Mini Swimmer	6:05 pm-6:35 pm	17PA113
Level 1	6:05 pm-6:35 pm	17PA114
Puddle Jumper	6:40 pm-7:10 pm	17PA115
Level 2	6:40 pm-7:10 pm	17PA116
Level 3	6:40 pm-7:10 pm	17PA117
Semi-Private	7:15 pm-7:45 pm	17PA118
Adult	7:45 pm-8:45 pm	17PA119
Water Aerobics	7:45 pm-8:45 pm	17PA120

Session 3 - 8 Weeks

Highview Middle School Pool

Saturday, April 1-May 20

One Lap Lane	8:30 am-1:30 pm	
Water Aerobics	8:30 am-9:30 am	17PA311
Parent & Child	9:30 am-10:00 am	17PA312
Mini Swimmer	9:30 am-10:00 am	17PA313
Puddle Jumper	9:30 am-10:00 am	17PA314
Level 1	10:05 am-10:35 am	17PA315
Level 2	10:05 am-10:35 am	17PA316
Level 3	10:05 am-10:35 am	17PA317
Semi Private	10:40 am-11:10 am	17PA318
Level 4	11:15 am-12:00 pm	17PA319
Level 5	11:15 am-12:00 pm	17PA320
Level 6	11:15 am-12:00 pm	17PA321
Semi Private	12:05 pm-12:35 pm	17PA322
Open Swim	12:45 pm-2:00 pm	

Session 2 - 8 Weeks

Highview Middle School Pool

Thursday, March 30-May 18

One Lap Lane	5:30 pm-8:30 pm	
Parent & Child	5:30 pm-6:00 pm	17PA211
Mini Swimmer	5:30 pm-6:00 pm	17PA212
Puddle Jumper	5:30 pm-6:00 pm	17PA213
Level 1	6:05 pm-6:35 pm	17PA214
Level 2	6:05 pm-6:35 pm	17PA215
Level 3	6:05 pm-6:35 pm	17PA216
Semi Private	6:40 pm-7:10 pm	17PA217
Level 4	7:15 pm-7:45 pm	17PA218
Level 5	7:15 pm-7:45 pm	17PA219
Level 6	7:15 pm-7:45 pm	17PA220
Adult	7:45 pm-8:45 pm	17PA221
Water Aerobics	7:45 pm-8:45 pm	17PA222

May Term 5 - 55 min

Highview Middle School Pool

Monday & Wednesday, May 22-June 5 (No class May 29)

One Lap Lane	5:30 pm-7:45 pm	
Semi-Private	5:30 pm-6:25 pm	17PA411
Semi-Private	6:30 pm-7:25 pm	17PA412
Semi-Private	7:30 pm-8:25 pm	17PA413

Summer Swimming Lessons

Four-Day-a-Week Day Classes

Highview Middle School

Monday-Thursday

		SESSION 1	SESSION 2*	SESSION 3	SESSION 4	SESSION 5
		June 12-22	June 26-July 7*	July 10-20	July 24-Aug 3	August 7-17
One Lap Lane	9:00 am-12:00 pm					
Parent & Child	8:40 am-9:10 am	17SA111	17SA211	17SA311	17SA411	17SA511
Mini Swimmer	8:40 am-9:10 am	17SA112	17SA212	17SA312	17SA412	17SA512
Puddle Jumper	8:40 am-9:10 am	17SA113	17SA213	17SA313	17SA413	17SA513
Level 1	9:15 am-9:45 am	17SA114	17SA214	17SA314	17SA414	17SA514
Level 2	9:15 am-9:45 am	17SA115	17SA215	17SA315	17SA415	17SA515
Level 3	9:15 am-9:45 am	17SA116	17SA216	17SA316	17SA416	17SA516
Semi-Private	9:50 am-10:20 am	17SA117	17SA217	17SA317	17SA417	17SA517
Level 4	10:25 am-10:55 am	17SA118	17SA218	17SA318	17SA418	17SA518
Level 5	10:25 am-10:55 am	17SA119	17SA219	17SA319	17SA419	17SA519
Level 6	10:25 am-10:55 am	17SA120	17SA220	17SA320	17SA420	17SA520
Semi-Private	11:00 am-11:30am	17SA121	17SA221	17SA321	17SA421	17SA521
Semi-Private	11:30am-12:00pm	17SA122	17SA222	17SA322	17SA422	17SA522

***Session 2 (No July 4, class meets July 7)**

Drowning is the second leading cause of unintentional injury-related deaths among children ages 14 and under. Did you know the New Brighton Parks & Recreation offers swim lessons that teach stroke technique in a fun and safe environment? Register your child today to learn this lifelong skill.



Two-Day-a-Week Classes

Highview Middle School

Tuesday & Thursday

		SESSION 6	SESSION 7	SESSION 8
		June 13-July 7*	July 11-Aug 3	August 8-17**
Semi-Private	12:00 pm-12:30 pm	17SA123	17SA323	17SA523

***Session 2 (No July 4, class meets July 7)**

****Short session 50% off**

One Day-a-Week Evening Classes

Session 6 - 8 Weeks

Highview Middle School Pool

Tuesday, June 13 - Aug. 8 (No class July 4)

One Lap Lane	5:15 pm-8:30 pm	
Parent & Child	5:15 pm-5:45 pm	17SA611
Mini Swimmer	5:15 pm-5:45 pm	17SA612
Puddle Jumper	5:15 pm-5:45 pm	17SA613
Level 1	5:50 pm-6:20 pm	17SA614
Level 2	5:50 pm-6:20 pm	17SA615
Level 3	5:50 pm-6:20 pm	17SA616
Semi Private	6:25 pm-6:55 pm	17SA617
Level 4	7:00 pm-7:45 pm	17SA618
Level 5	7:00 pm-7:45 pm	17SA619
Level 6	7:00 pm-7:45 pm	17SA620
Adult	7:45 pm-8:45 pm	17SA621
Water Aerobics	7:45 pm-8:45 pm	17SA622

Session 7 - 8 Weeks

Highview Middle School Pool

Thursday, June 15-Aug. 10 (No Class July 6)

One Lap Lane	5:15 pm-8:30 pm	
Parent & Child	5:15 pm-5:45 pm	17SA711
Mini Swimmer	5:15 pm-5:45 pm	17SA712
Puddle Jumper	5:15 pm-5:45 pm	17SA713
Level 1	5:50 pm-6:20 pm	17SA714
Level 2	5:50 pm-6:20 pm	17SA715
Level 3	5:50 pm-6:20 pm	17SA716
Semi Private	6:25 pm-6:55 pm	17SA717
Level 4	7:00 pm-7:45 pm	17SA718
Level 5	7:00 pm-7:45 pm	17SA719
Level 6	7:00 pm-7:45 pm	17SA720
Adult	7:45 pm-8:45 pm	17SA721
Water Aerobics	7:45 pm-8:45 pm	17SA722